

# Beef and Chicken Chili

Chicken chili kept me going strong when weakness and exhaustion threatened to take over my life. It's an easy meal to make, with lots of leftovers to be eaten throughout the week, or frozen for days when you don't feel like cooking. Insulated soup containers make it easy to transport for a warm lunch or dinner.

## Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set for preparation time set for 10 minutes before you plan to start opening cans

C. Stay with the meal, stirring every 10 minutes

## Meal Adaptations:

### Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

### Visual Accommodations:

Use contrasting wooden spoons

## Potential Food Allergy or Intolerance:

Beef

Chicken

Mushrooms

Pepper

Spices

Tomatoes

Turkey

## Meatless Preparation Avoid:

Beef

Chicken

Turkey

Substitute with: \_\_\_\_\_

**Utensils:**

Can opener

Pot holders

Wooden spoon

Pan: 10 quart (spaghetti double boiler pan)

**Ingredients:**

**Meat: 2 pounds of:**

Beef burger, or

Turkey burger

10 ounce can of chicken (roughly one breast chopped up)

**Vegetables:**

2 (15 ounce) cans dark red kidney beans

2 (15 ounce) cans light red kidney beans

4 ounces of mushrooms

1/4 cup chopped onions

2 (15 ounce) cans great northern beans

2 (15 ounce) cans pinto beans

1 (4 ounce) can mushrooms

2 tablespoons tomato juice

**Other ingredients:**

Dash of salt

Spices such as pepper, to taste

**Preparation time: 10 minutes**

**Preparation:****Vegetables:**

1. Open cans of vegetables:

2 (15 ounce) cans dark red kidney beans

2 (15 ounce) cans light red kidney beans

4 ounces of mushrooms

1/4 cup chopped onions

2 (15 ounce) cans great northern beans

2 (15 ounce) cans pinto beans

1 (4 ounce) can mushrooms

2 tablespoons tomato juice

**Meat:**

1. In 10 quart pan, fry burger on medium heat.
2. Stir frequently, until done.
3. Drain excess grease off as needed.  
Turkey burger may need vegetable oil to fry without burning.

**Combine:**

1. Add:
  - 10 ounce can of chicken
  - 2 (15 ounce) cans dark red kidney beans
  - 2 (15 ounce) cans light red kidney beans
  - 4 ounces of mushrooms
  - 1/4 cup chopped onions
  - 2 (15 ounce) cans great northern beans
  - 2 (15 ounce) cans pinto beans
  - 1 (4 ounce) can mushrooms
  - 2 tablespoons tomato juice
  - Dash of salt
  - Spices, such as pepper, to taste
2. Allow mixture to reach a boil.
3. Stir and then turn down.
4. Continuing to stir frequently, at least every 10 minutes.

**Cook Temperature: Medium to low**

**Cook Time: 1 hour**

**Servings: 8 to 10**

**Storage Solutions: Square containers in individual servings**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 3 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.